



UCOOK

Quick Crispy Nachos

with guacamole, black beans & jalapeños

Not possible to make fresh Mexican food at the office? We prove it can be done - all you need is a microwave, Chef! Melted cheese covers crunchy nachos, which is topped with guacamole, rich black beans, pops of sweet corn & spicy jalapeños.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jemimah Smith

Lunch

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Ingredients & Prep

60g	Black Beans <i>drain & rinse</i>
40g	Corn
10g	Sliced Pickled Jalapeños <i>drain</i>
50g	Corn Nachos
30g	Grated Mozzarella Cheese
1 unit	Guacamole
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **QUICK MIX** To a bowl, add the beans, the corn, the jalapeños (to taste) and seasoning. Toss and set aside.
2. **CHEESY NACHOS** Spread the nachos out on a plate and scatter over the cheese evenly. Pop in the microwave until melted, 1-2 minutes.
3. **ENJOY!** Top the warm nachos with the bean mixture. Finish with dollops of guacamole and the coriander. Season and dig in!

Nutritional Information

Per 100g

Energy	803kj
Energy	192kcal
Protein	5.1g
Carbs	19g
of which sugars	2g
Fibre	5.1g
Fat	11.5g
of which saturated	1.5g
Sodium	341mg

Allergens

Cow's Milk, Sulphites

Eat
Within
4 Days